

Please keep this letter and return to us if your details change

Thank you for including your baby in this study. By doing this, you are making an important contribution to the care of many other babies in the future. We appreciate this very much. To help ensure that we follow-up all babies until 2 years of age, and to keep you informed about the study through newsletters, please tell us if you change address or contact details. We would also like current contact details for a family member or friend, in case we can't get in touch with you.

If you move, or if any contact details change, please fill in and return this letter in the Reply - Paid envelope (no stamp needed)

PLEASE WRITE YOUR NEW CONTACT DETAILS (ADDRESS AND PHONE NUMBERS)

First Name: _____ Middle Initial: ___ Surname: _____

Address: _____

State: _____ Post Code: _____ Country: _____ Phone: (____) _____

Mobile: _____ Email: _____ Child's name: _____

PLEASE WRITE THE LATEST DETAILS OF A GRANDPARENT/ CLOSE RELATIVE OR FRIEND:

First Name: _____ Middle Initial: ___ Surname: _____

Address: _____

State: _____ Post Code: _____ Country: _____ Phone: (____) _____

Mobile: _____ Email: _____

Child's name: _____ Relationship to child: _____

The BOOSTII Study has finished recruitment! We would like to say a BIG THANK YOU for being a part of our study.

Dear Parents,

Welcome to the latest BOOST II parents newsletter. We hope all families are doing well. On Christmas eve 2010, the Trial Management Committee met to discuss the preliminary results of the study and decided to stop recruitment. After more than 4 years we have recruited 1475 babies to the study in Australia and NZ and over 3600 babies worldwide. This is a great achievement and we would like to thank you for being a part of it.

BOOST II, with other studies around the world, aimed to find out if giving preterm babies a slightly higher or slightly lower level of oxygen was better or worse in the long term. Both levels of oxygen are in the accepted target range in Australia and worldwide.

Half the babies were treated in the upper half of the normal range and half in the lower half of the normal range, to find out if this would affect the number alive without disability at 2 years old. We are pleased to inform you that the study has a preliminary answer. Babies on oxygen levels in the upper half of the normal range were more likely to survive to 36 weeks gestation. Details are on page 2, Study Update.

Follow Up

Although we are not recruiting any new babies onto the study, we will still be following up all the BOOST II babies to 2 years. We look forward to seeing your child's progress. The BOOST II study follows all children until they reach 2 years of age, plus the number of weeks they were born early (corrected age). Your local BOOST II Nurse will call to book an appointment for your child to see a paediatrician and a psychologist at your hospital's Growth and Development Clinic. This is a wonderful opportunity to see your child's progress and it is free of charge.

Please also continue to keep in touch with us and let us share any pictures or stories. We would love to hear from you. If you prefer not to receive any more newsletters, please let us know. With very best wishes from the BOOST II Study team

STUDY UPDATE

We are pleased to inform you that the study that your baby took part in has produced an early answer likely to help preterm babies in the future.

What was BOOST II trying to find out?

The BOOST II study, with other studies around the world, was set up to find out whether nursing very premature babies at a higher or slightly lower level of oxygen saturation level was better or worse in the long term. Both levels are within the normal target range in use in Australia and around the world.

Half the babies were treated with oxygen levels targeted in the upper half of the accepted range and half with levels targeted in the lower half, to find out if this affects the number alive without disability at 2 years old.

What are the results and why have they come out early?

Usually an independent committee reviews a study like BOOST II regularly, to make sure that it doesn't continue if there is already a clear answer. The Australian and UK committees looked at data from three studies around the world. It found that babies nursed with oxygen levels in the upper half of the range (85 - 95%) accepted as normal were more likely to survive to 36 weeks gestation. This is why no more babies are being recruited to the study.

The committees asked us to let doctors, nurses and families know that babies nursed with the higher oxygen saturation levels are more likely to survive. A report is being published in a medical journal in April 2011. We are still collecting information about other illnesses in hospital from babies in BOOST II, as planned. Those results will be published later, this or next year. We will let you know what they show.

What do the results mean for babies in the future?

Improving survival of premature babies is very important, but it is also important to know if they have other problems or benefits from higher or lower oxygen saturation levels. It is very important to continue to follow all babies enrolled in the BOOST II until two years of age, as planned, to get the full picture.

What do the results mean for my baby?

Many things can affect the survival and long-term development of preterm babies. In both study groups, some did not survive and some will have longer term health problems. The difference in oxygen saturation levels only explains part of the risks these tiny babies have. We will never be able to work out exactly why an individual baby had a particular outcome, but this study should help more babies to survive in future.

Thank you for taking part in this important study. If you would like to discuss this any further please contact the BOOST II study doctor or nurse in the hospital where your baby received intensive care.

Now I'm 2 years old



BOOSTII FOLLOW - UP

We're interested to know how your child is doing after their initial hospital treatment. When your child reaches around 2 years of age, your local BOOSTII Coordinator/Nurse will contact you to schedule a follow-up appointment for your child which will be conducted by a paediatrician and a psychologist free of charge. This is a wonderful opportunity to find out about the development and health of your child at 2 years of corrected age.

The status of your child's health at 2 years will help to determine the answer to the question which lies at the heart of this study— which level of oxygen gives babies better outcomes?

If you have any further questions, please do not hesitate to contact your local BOOSTII Coordinator. Details are below:

YOUR LOCAL BOOSTII
COORDINATOR DETAILS
(SITE NURSE DETAILS)

International Children's Book Day

The 2nd of April was celebrated as International Children's Book Day, to inspire a love of reading and to call attention to children's books.



Reading aloud to your child is a great opportunity to share and bond with your child. By reading aloud to your children regularly, you're stimulating their imaginations, developing their understanding of how language works, reinforcing the value of reading, helping them to discover the joys of reading, strengthening the relationship with your child, and giving them a great start to their education.

There are some great organisations that promote public awareness of the importance of reading and literature for all children and aim to foster children's enjoyment of books.

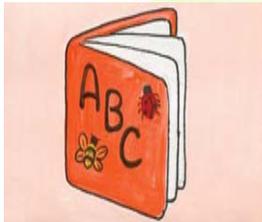
Check these out...

<http://www.ibby.org/index.php?id=269>

International Children's Book Day 2011

<http://www.cbca.org.au>

The Children's Book Council of Australia



RECIPE FOR NEVER FAIL CUPCAKES



Serves

24

Ingredients

- 2 cups self-raising flour
- 3/4 cup castor sugar
- 2 eggs
- 100 grams of margarine
- Pinch of salt
- 3/4 to 1 cup of milk
- 1 tsp vanilla

One of our most popular recipes is for the never fail cupcakes so we thought we would share this with our new parents and see what they think!

Preheat oven to 200°C.

Have ingredients at room temperature.

Sift flour and combine with the rest of the dry ingredients.

Combine dry mixture with all other ingredients and beat for 4 minutes.

Spoon into cupcake wrappers.

Bake for 15 minutes.

Decorate as desired. Makes 2 dozen.



BOOSTII RECRUITMENT & WHO'S INVOLVED

1475 BABIES WERE RECRUITED IN AUSTRALASIA & NEW ZEALAND

1135 babies in Australia, 340 babies in New Zealand & 4 babies in Taiwan.

OTHER COUNTRIES INVOLVED ARE THE UK, US AND CANADA

